

## Yogurt-Mint Sauce

2 Servings

### Ingredients

- 200 g nonfat Greek yogurt
- 1 tsp lemon zest
- 1 tsp / 5 ml lemon juice
- 1 T finely chopped mint (or parsley)
- Pinch salt
- Tiny pinch MSG
- Optional: 1/2 tsp olive oil drizzle

### Instructions

1. Combine all ingredients in a bowl.
2. Stir until smooth.
3. **Chill 10–20 minutes** before serving.

